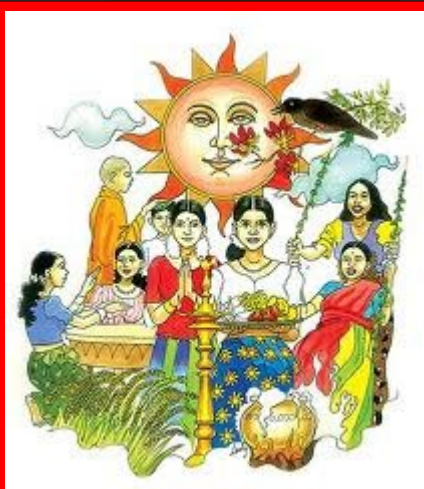


Health Newsletter for  
ex-pat Sri Lankans,  
globally



Wishing all our readers a very  
prosperous Sinhala & Tamil NewYear-  
2022

## How Sugar May Worsen Your Memory and Mental Health, From Experts

Only recently have researchers begun to discover what  
sugar cravings might mean for our long-term brain  
health.

[Read  
More](#)

## Prostate Cancer Warning Signs

It's the most common cancer in men after skin cancer. And in the early stages, men may have no symptoms.

[Read More](#)

## Why Thirst Is a Diabetes Warning Sign

If it feels like you can't get enough to drink and you're peeing a lot, talk to your doctor. Your blood sugar could be out of whack.

[Read More](#)

eLanka  
Sri Lankan Community in Australia

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News | Events | Photos | Business Directory | Videos

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A banner for eLanka, the Sri Lankan community in Australia. It features a map of Australia with the Australian flag and a map of Sri Lanka with the Sri Lankan flag. The background shows the Sydney Opera House and a cityscape.

<https://www.elanka.com.au/>

## Easy and Cheap Egg- Based Meals

Eggs are protein-packed, delicious, and endlessly versatile. Try these tasty recipes you can enjoy at any meal of the day.

[Read More](#)

## Other Shots That Treat Diabetes

Insulin isn't the only kind of medicine you inject. Find out how the other kinds work to control blood sugar.

[Read More](#)



## Don't Believe These Diabetes Diet Myths



**Herbal Allergy Remedies:  
Echinacea, Eyebright,  
Golden Seal and More**

### How to prevent complications from type 2 diabetes

Written by Adam Rowden on March 18, 2022

What does it mean to live with type 2 diabetes without complications? Read on to learn more about potential complications and how to manage the condition.

[READ ON →](#)



**URGENT REQUIREMENT-PLEASE DONATE**

**Why Is Protein Important for the Body?**

**Food Contamination With Bacteria**

**Is Your Back Pain From Arthritis?**

**How Is Rheumatoid Arthritis Different?**



SLIDESHOW

**Alcohol: How It Can Affect Your Body**

Alcohol starts to alter your brain about 30 seconds after you drink it. You may feel mentally slower... [Read more...](#)

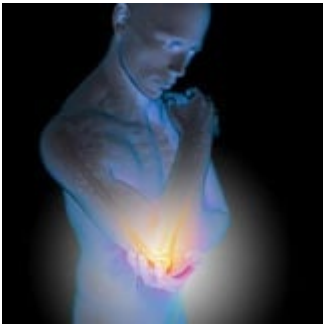


FEATURED NEWS

**Omicron Subvariants Fueling Infections**

Rising COVID infections in New York state appear to be driven by two new Omicron versions.

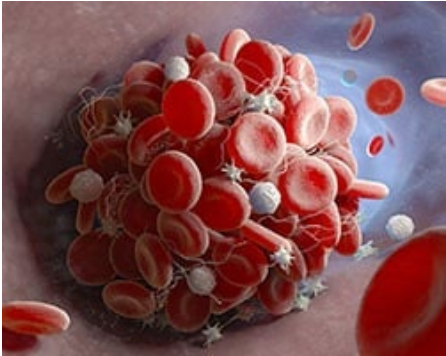
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SLIDESHOW

**Why Are My Joints So Stiff?**

You use your joints to bend, touch, type, drive -- to do just about everything. Find out what can make... [Read more...](#)



FEATURED SLIDESHOW

**What Problems Can Blood Clots Cause?**

If a blood clot forms when it's not needed, it can completely block a blood vessel.

[VIEW SLIDESHOW](#)

## 12 Natural Ways to Defeat Allergies

Allergies making you miserable. This slideshow shows you a dozen natural allergy treatments, from fresh fruit and vitamin D to acupuncture and air filters. If the pollen count is high...

[Read more ...](#)

## 15 Things You Didn't Know Could Slow Down Aging

Doctors say you can actually delay the aging process with these lifestyle choices.

[Read More](#)



## 12 Foods That Leave You Hungry

Some foods -- even a few that are considered healthy -- just don't fill you up or satisfy you for very long. See which favorites can leave you feeling empty.

[Read More](#)

## The Extra Mile: A Surgeon's Experiences' will be launched on April 7 at the College of Surgeons of Sri Lanka.

The book will be available for purchase at 22, Sulaiman Avenue, Colombo 5 and is priced at Rs 3000/ USD 25.

Dr Gamini Goonetilleke can be contacted on 0777 794107/ 011 2503938



How would it feel to be the only surgeon for a population of 260,000 people? How would it feel to be a surgeon who had access to only an X-ray machine and no monitors to monitor a vitals of a patient under anaesthesia? How would it feel to be a surgeon who has no house officers or a junior doctor? How would it feel to be a surgeon who had to play multiple roles? Fresh out of the UK, after qualifying as a Fellow of the Royal College of Surgeons of England, Dr Gamini Goonetilleke found himself in Polonnaruwa Base Hospital, which was a hospital with minimum basic facilities and limited staff. Polonnaruwa, situated 240km from the capital Colombo was a place where most doctors did not want to go and work in, at the time it was considered a 'rural' area. "Most of my friends would say that Gamini had gone on a punishment transfer," recalled Dr Goonetilleke. Having been a surgeon for 40 years and having worked during a period of heightened conflict during the civil war, Dr Goonetilleke documented his experiences in his second book 'The Extra Mile: A Surgeon's Experiences' which will be launched on April 7 at the College of Surgeons of Sri Lanka.

<https://www.dailymirror.lk/news-features/Dr-Gamini-Goonetilleke-Experiences-of-being-a-surgeon-in-a-war-zone/131-234585>

## Wound Care Dos and Don'ts

Should scrapes be left uncovered to air out and heal? Is hydrogen peroxide the right way to clean a wound? Make sure you're following the right guidelines.

[Read More](#)

## Simple Steps to Eating Better

These strategies don't require much effort, so they're a great place to start if you're ready to make a change.

[Read More](#)

## Signs of Diabetes in Pregnancy

All pregnant women are screened for diabetes at around 24 weeks. But if certain symptoms appear, doctors might want to check even earlier.

[Read More](#)

## Sex, Turmeric, and Other Home Remedies: What Works?

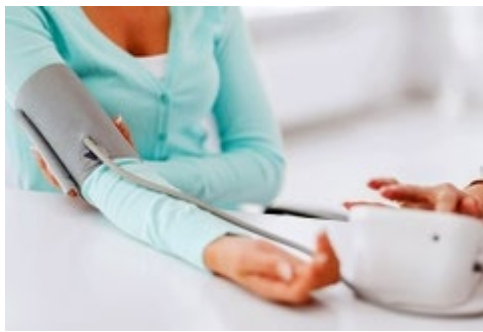
Can sex really help ease headache pain? Can turmeric help treat your arthritis? See what the science says about these and 12 other common home remedies.

[Read More](#)



# How to Prevent Heart Disease When You Have Diabetes

The longer you live with diabetes, the more likely you are to get heart disease. But there's plenty you can do to keep your ticker in good shape.



[Read More](#)

# 6 Natural Allergy Remedies

**'Tis the season for sniffing, sneezing and itching. Breathe easier with these medically proven natural allergy remedies.**

[Read more](#)

## NUTRITION

### Are Air Fryers Actually Healthy? Here's What a Nutritionist Says

## HEART-DISEASE

### Woman's Chest Pain Blamed on Anxiety, Winds Up Having Heart Failure

### [Cold treatment for cells points to diabetes cure](#)

Transplanting beta islets — which produce insulin — into people with diabetes can restore the ability to regulate blood-sugar levels, curing the disease. But beta islets are difficult to preserve for more than a few days, limiting the use of this experimental therapy. Now, a protocol for freezing the cells allows them to be safely stored for months.

### Population shifts reshape nations

“Japan is ageing so rapidly that if current trends continue, the nation could eventually disappear altogether”, [writes Jennifer Sciubba in her data-packed book 8 Billion and Counting](#). The twenty-first century “is less a story about exponential population growth than it is a story about differential growth — marked by a stark divide between the world’s richest and poorest countries”, she writes.

[Nature | 6 min read](#)

### Diet Tips for Breast Cancer

### Tree cooling goes beyond carbon

Tropical forests have a crucial role in cooling Earth’s surface by extracting carbon dioxide from the air. But only two-thirds of their cooling power comes from their ability to suck in CO<sub>2</sub> and store it. The other one-third comes from [their ability to create clouds, humidify the air and release cooling chemicals](#). When scientists analysed these ‘biophysical’ effects alongside carbon storage, they found that the world’s tropical forests collectively cool the surface of the planet by around 1 °C.

[Nature | 5 min read](#)

Reference: [Frontiers in Forests and Global Change paper](#)

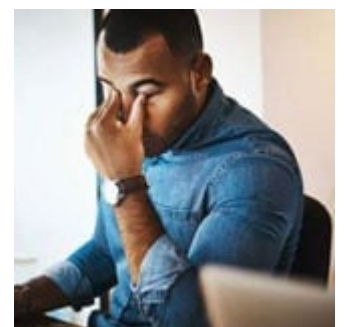


### SLIDESHOW

### High Triglyceride Foods to Avoid

The type and amount of carbohydrates you eat have a direct effect on your triglyceride levels.

[Read more...](#)



### SLIDESHOW

### What's Hurting Your Eyes

Don't rub! If your eyes are watery, blinking more or itching, it may be a sign of something serious. [Read more...](#)

## 10 Daily Habits to Ease Chronic Pain

You don't have to accept pain as part of regular life. Adopting some simple, healthy habits might help you feel better.

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- ANDUREN ELIYATA SOLAR POWERED LIGHT DONATION PROGRAM donate a Solar Powered Lighting Package consisting of Three Lights (Earlier Two Lights) and an FM Radio, Solar Panel, Storage Unit and associated Cables. Our Team of Volunteers in Sri Lanka deliver these units to Schools, Temples, Churches, and all Communities in Rural Sri Lanka for direct distribution to the underprivileged children and families – the end user.
- THIS PROGRAM which was started in May 2014 – completed 6 years with over 2500 Solar Package Distributions in May this year. The success of our story is mainly due to the generosity of the Community, and PLEASE ACCEPT OUR HEARTFELT GRATITUDE & THANKS TO ALL OF YOU!!
- **↘ We are a Registered Charity (Charity ABN 18 273 322 710) with ACNC and have been granted Deductible Gift Recipient Status by the ATO. We are authorised to issue Tax Deductible Receipts for large scale donations for Income Tax Minimisation, from the Public.**
- **↘ All Donations are receipted and Tax Deductible within Australia.**
- **↘ All Donations are utilised for the purchase and distribution of Solar Packages in Sri Lanka and other related expenses**
- **↘ All are volunteers. No allowances nor salaries or any other payments were made to the helpers. There are no employees in this Charity.**
- **This is a home-based Charity. Lack of overheads: No Rent nor Electricity, Water, Rates, Repair Bills, Computers, Printers, Furniture etc. - help us to utilise the money to send more Solar Packages to the deserving families.**

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FEATURED

## Best Foods to Eat in Each Decade of Life

No matter what stage of adulthood you're in, there are foods that are important for you to be as healthy as you can be. Get your game plan.

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## 28 Tips to Get Rid of Heartburn at Night

Heartburn is a symptom that feels like a burning in your chest, and is a symptom of acid reflux. Some habits and foods can... [Read more...](#)

## Symptoms of Parkinson's Disease

This condition kills nerve cells in a part of the brain that's important for controlling movement. Here's what you should know.

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## A Dietitian Just Listed the 7 Best Foods to Keep Your Skin Young and Healthy

Beauty really does come from within, our dermatology and dietetics experts say. Here's what they say you can eat to make health spring eternal.

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## Best Foods for an Energy Boost

Sugary drinks, candy, and pastries put too much fuel (sugar) into your blood too quickly. The ensuing crash leaves you tired and hungry again. Here's what to reach for instead.

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## 10 Foods That You Shouldn't Reheat in a Microwave

Turns out, certain foods can become toxic when you blast them in the micro.

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## Top Tips for Whiter, Brighter Teeth

Have your pearly whites lost their luster because of dingy gray or yellow stains? See what may help.

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## Should You Drink Lime Water? 9 Health Reasons to Try It

Citrus-infused H2O offers low- or no-cal refreshment. Here are the surprising benefits of lime water for your health.

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## What Is Mucus? Learn How to Get Rid of It

Mucus is a normal substance produced by lining tissues in the body. Excess mucus or mucus that is yellow, green, brown, or bloody may indicate a problem. Mucus production may increase when...

[Read more ...](#)

## Smart Ways to Satisfy Your Sweet Tooth

You don't need candy, cookies, or any other food loaded with added sugar when a craving for something sweet strikes. Try one of these nutritious options.

[Read More](#)

## Health Benefits of Hemp

# Here's What Alcohol Does to Your Body

Thirty seconds after your first sip, alcohol races into your brain, where it slows down the pathways your brain uses to send messages. What happens after that might surprise you.



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# Don't Make These Healthy Food Mistakes

The right amount of the right types of foods is great for you. But if you overdo it or choose the wrong kinds, it can backfire.



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# People Aren't Just Living Longer -- They're Living Better

Researchers have found that since the '90s, adults 65 and up have been enjoying more years living independently, even those with common conditions like heart disease, diabetes, and arthritis.



[Read More](#)

# New Ways to Manage Heart Failure

Technologies to monitor heart failure have been around for a few years, but they weren't widely used until the pandemic, says Wai Hong Wilson Tang, MD, a cardiologist at Cleveland Clinic. As many people stayed home to protect themselves, doctors relied on monitoring devices that could be shipped directly to patients. Although these technologies can't replace a visit with a doctor, research has shown [they can help both doctors and patients](#) manage heart failure and improve quality of life. Read on to learn about living with heart failure in a [post-COVID world](#), how one patient made her heart her [top priority](#), and more.

[READ MORE](#)

# 16 Foods That Boost Women's Health

Healthy eating is important for everyone, but certain foods are especially good for issues that affect women -- like brittle bones, pregnancy, and breast cancer.

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# Taking a Break From Alcohol

Everyone loves a vacation, but how about taking a vacation from drinking? There are a lot of benefits to passing on that glass of pinot.

[Watch Video](#)

# Exercises That Can Help You Lose Weight

When you want to slim down, you need to do more than just change your eating habits. See which kinds of workouts help you blast calories. [Read More](#)

# Guide to Going Vegan

More than 6.5 million Americans claim to be vegan; they don't eat any type of animal-based food, including dairy and eggs. Here's how to do it right. [Read More](#)

# 14 Ideas to Spice Up Your Chicken

Plain chicken might be on the boring side, but take that bird around the world and it's anything but dull. Try these ideas for global flavors. [Read More](#)

# 12 Clues You May Have Heart Disease

Sleep apnea, bleeding gums, even patches on your skin -- here are some unexpected symptoms you may not expect. [Read More](#)

# 11 Ways to Ease Inflammation

Your body needs some inflammation to fight infection and speed healing. But too much for too long can lead to heart disease, diabetes, cancer, and other diseases. [Read More](#)

# Omicron COVID Causing Severe Croup in Young Children

Calcium supplements may make some women as much as 7 times more likely to develop dementia.

The new treatment for depression that reduces symptoms by at least 50% and requires no medication.

## Do This in the Morning to Help You Lose Weight

A handful of healthy a.m. habits can make a big difference in your progress. See which simple morning activities can help start your day off right.

[Read More](#)

Your mammogram could reveal early signs of heart disease — what to ask your doctor to find out.

The foods that turn your body into a “probiotic factory” filling you up with inflammation-fighting good bacteria.

You can rejuvenate your skin and look as young as you feel — no surgery needed!

The diabetes symptoms — and complications — that are more common in women than men.



FEATURED

## Is Your Body Aging Faster Than It Should Be?

From dry skin and achy joints to trouble walking, sometimes our bodies age faster than they should. Here's how to tell what's normal, and how you can slow down any problems.

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## Dating a Narcissist? Here's the Early Warning Sign You Need to Know About

### 15 Foods That Cause Constipation

Just as there are many foods you can eat to help relieve constipation, there are foods that can make your constipation worse. [Read more...](#)

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### SEXUAL HEALTH

## What Exactly Is Female Ejaculation—and Can Every Woman Do It?

## Nutrition Experts Share 6 Healthier Ways to Enjoy Meat, Produce, and More

These small changes could be your most powerful way to eat (and purchase) smarter.

[Read More](#)

## Editorial: When Will This Pandemic Officially End?

By Bob Grant

And does it even matter?



SLIDESHOW

## Foods to Curb Bad Cholesterol

It's no secret that certain foods can help you lower your LDL ("bad") cholesterol, which causes a buildup... [Read more...](#)